

Wartime Meal

Today, you will get a taste of what life was like on the home front during the war years. This meal consists of dishes made from recipes popular during the Second World War.

Coke Bottle Bread

So how would you send a glass bottle of soda to a Canadian in uniform serving overseas during the Second World War? Bake a big loaf of bread, make a hole in it, then stick the bottle inside of course! The bread made a great cushioning shipping container ... and was good to eat, too!

Pea Soup

Simple dishes made from foods grown in their own gardens were a staple of home meals during wartime years. Pea soup is a great example of this kind of basic, home-cooked meal.

Meat Loaf

Meals from the war eras were generally uncomplicated - and meat loaf is the kind of simple dish that characterized the type of food eaten at home.

Bread Pudding (with brown sugar sauce)

Even during the war years, people liked to have dessert with their meals! Bread pudding is an example of a simple dessert made from readily-available ingredients. Brown sugar was used because white sugar was tightly rationed.



During the war years, Canadians on the home front had to make great contributions and sacrifices to support those who were fighting overseas. One way they achieved this was by rationing: restricting their consumption of scarce resources like rubber, gasoline and metal, as well as certain foods like meat, eggs, sugar, chocolate and coffee. Through rationing, more food could be sent to the Canadian men and women serving overseas, who needed all the support possible in helping the Allies win the war.

